

# Join a **Nutrition Group**

## Tuesday

2:00 PM  
**Breastfeeding Joys & Issues**



3:00 PM  
**Being a New Mom**



## Thursday

9:00 AM  
**Prenatal Nutrition & Breastfeeding**



10:00 AM  
**Taking the First Bite**



11:00 AM  
**Big Bites for Little Tykes**



## Friday

9:00 AM  
**Healthy Family Meals**



10:00 AM  
**Food Learning Activities**



# Nutrition Group Descriptions

## Breastfeeding Joys & Issues

Your baby is a bundle of joy! Hear from other moms about ideas on ways to know if your baby is getting enough breast milk. Do you know when your baby is hungry or full? Join this group to learn feeding cues. Also, learn proper ways to pump and store breast milk and discuss other common breastfeeding issues.

Find out how to get your health and energy during and after your pregnancy or delivery of your new baby through healthy eating habits. Learn safe and simple ways to get in shape through physical activity. Meet other moms who are pregnant or who have recently given birth. Share your experiences about being a new mom. Feel free to ask any questions you may have.

## Prenatal Nutrition & Breastfeeding

Someone wonderful is growing inside you and you want to provide the best for your baby. Start by knowing how to eat healthy during your pregnancy, the importance of appropriate weight gain, breastfeeding your baby after giving birth, and other issues moms-to-be want to know. Breastfeeding is the best food for your baby. How do you plan to feed your baby after you give birth? Find out more information about ways to start a feeding, signs that your baby is hungry or full, how to make more breast milk, tips on how to deal with breastfeeding challenges, and more.

## Taking the First Bite (0-5 months old)

Congratulations on your new baby! Share with other moms how your baby has been growing. Other topics will include ways to know if your baby is ready to start eating solid foods, readiness cues to know when to start, what foods to offer first, how to know if your baby has food allergies, and how to introduce solid foods. Safety and health are also important, so you'll learn proper preparation tips when making baby's milk, correct sanitation procedures for bottles/nipples/bottle covers, proper storage of baby's milk, and good oral hygiene.

## Big Bites for Little Tykes (6-11 months old)

Do you want your baby to eat with a spoon, drink from a cup, start eating healthy foods, or get your baby off the bottle? Find out how by talking with other moms.

## Healthy Family Meals

Happy mealtimes make healthy kids! Learn the important roles that parents and children play during mealtimes. Also, learn and understand what foods to choose and how to prepare healthy meals for your children. Learn to identify the eating skills/abilities your children have.

Be food safe in 4 easy steps – clean, separate, cook, and chill! Explore the importance of food safety, proper food storage, and proper sanitation methods to keep you and your family safe from food borne illnesses (FBI).

Buy local – from the farm to your table! Learn more about the WIC farmers' market nutrition program and get cooking ideas for using local fruits and vegetables. Take your children to the vegetable stands and involve them in preparing meals using local produce. Help increase your family's fruit and vegetable consumption and learn why it is healthy for you and your family.

## Food Learning Activities

Increase your children's knowledge about different foods through activities, such as songs, MyPlate BINGO, reading books, games, and more! Have fun with WIC by participating in cooking demonstrations, food tasting using WIC foods, scientific experiments, and contests. Also, get ideas about how to get your children to be physically active for a healthy lifestyle.

# Join a **Nutrition Group**

## Monday

9:00 AM & 1:00 PM  
**Prenatal Nutrition & Breastfeeding**



10:00 AM & 2:00 PM  
**Taking the First Bite**



11:00 AM & 3:00 PM  
**Big Bites for Little Tykes**



## Wednesday

2:00 PM  
**Healthy Family Meals**



3:00 PM  
**Food Learning Activities**



## Thursday

2:00 PM  
**Breastfeeding Joys & Issues**



3:00 PM  
**Being a New Mom**



Ask your friendly WIC staff to schedule you and your family in a nutrition group today!

Revised 11/30/18



# Nutrition Group Descriptions

## Breastfeeding Joys & Issues

Your baby is a bundle of joy! Hear from other moms about ideas on ways to know if your baby is getting enough breast milk. Do you know when your baby is hungry or full? Join this group to learn feeding cues. Also, learn proper ways to pump and store breast milk and discuss other common breastfeeding issues.

Find out how to get your health and energy during and after your pregnancy or delivery of your new baby through healthy eating habits. Learn safe and simple ways to get in shape through physical activity. Meet other moms who are pregnant or who have recently given birth. Share your experiences about being a new mom. Feel free to ask any questions you may have.

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## Taking the First Bite (0-5 months old)

Congratulations on your new baby! Share with other moms how your baby has been growing. Other topics will include ways to know if your baby is ready to start eating solid foods, readiness cues to know when to start, what foods to offer first, how to know if your baby has food allergies, and how to introduce solid foods. Safety and health are also important, so you'll learn proper preparation tips when making baby's milk, correct sanitation procedures for bottles/nipples/bottle covers, proper storage of baby's milk, and good oral hygiene.

## Big Bites for Little Tykes (6-11 months old)

Do you want your baby to eat with a spoon, drink from a cup, start eating healthy foods, or get your baby off the bottle? Find out how by talking with other moms.

## Healthy Meals for Your Family

Happy mealtimes make healthy kids! Learn the important roles that parents and children play during mealtimes. Also, learn and understand what foods to choose and how to prepare healthy meals for your children. Learn to identify the eating skills/abilities your children have.

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# Join a <sup>GUAM</sup> Nutrition Group

**Tuesday**

9:00 AM  
**Taking the First Bite**



10:00 AM  
**Big Bites for Little Tykes**

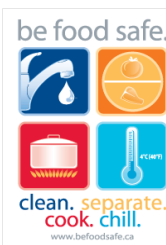


11:00 AM  
**Prenatal Nutrition & Breastfeeding**



**Thursday**

2:00 PM  
**Healthy Family Meals**



3:00 PM  
**Food Learning Activities**



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Revised 11/29/18

# Nutrition Group Descriptions

## **Taking the First Bite (0-5 months old)**

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## **Big Bites for Little Tykes (6-12 months old)**

Do you want your baby to eat with a spoon, drink from a cup, start eating healthy foods, or get your baby off the bottle? Find out how by talking with other moms.

## **Prenatal Nutrition & Breastfeeding**

Breastfeeding is the best food for your baby. How do you plan to feed your baby after you give birth? Find out more information about ways to start a feeding, signs that your baby is hungry or full, how to make more breast milk, tips on how to deal with breastfeeding challenges, and more.

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## **Healthy Meals for Your Family**

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